

LECTURES OF DR. ROYAL LEE



VOLUME ONE

Lectures of Dr. Royal Lee
Volume One

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Publisher's Note

The following are a select treasury of lectures given by Dr. Royal Lee between 1940 and 1963. The lectures are presented as an historical record during an unprecedented era in nutritional breakthroughs and understanding. They are not intended by the publisher as medical prescriptions or diagnosis for any disease mentioned. The publisher recommends that any illness be evaluated by a qualified licensed health professional and an agreed upon approach to such illness be selected. The publisher supports the patient's consensual right to choose the health approach of their choice.

These selected lectures and accessory literature are intended to give the reader the self-expressed views of one of the most significant nutritional researchers in history, Dr. Royal Lee. The correctness of the information presented is left to the health professional to determine.

Time does not erode the truth. Though these lectures reach back over fifty-eight years, an ever-increasing quantity of supporting evidence in current scientific literature could be cited as reference. However, it is not the intent of this volume to present such supportive evidence but, rather, to put forward for the record when and how these data were first noted. Dr. Lee cites his own abundant contemporary references throughout these lectures. To annotate current supporting evidentiary science, in this volume, would be a distraction from the lectures themselves.

In this regard, the formats of the pages are not always consistent. Because these lectures were spoken and were subsequently transcribed, often from shorthand or draft papers, the paragraphs and page layouts are presented in a form that the publisher believes allows a reasonably flowing translation from spoken words to printed text.

Selene River Press is very proud to bring you the words of one of the truly original pioneers of science in the 20th Century, Dr. Royal Lee.

*"To be ignorant of what occurred before you were born
is to remain always a child."*

Cicero, 46 BC—*Orator*, chapter 34, section 120

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INTRODUCTION

by Mark R. Anderson,
Co-author of *Empty Harvest: Understanding the
Link Between Our Food, Our Immunity,
and Our Planet*

The Lee Philosophy:

Those who have studied the life's work of Dr. Royal Lee cannot help becoming infected with his passion that integrated science, history, physiology, agriculture, engineering, invention, biochemical manufacturing, politics, education, business, and philosophy. Dr. Lee's unswerving pursuit of the truth led inexorably into and through these avenues of knowledge. It seems much more than a single lifetime could encompass. Amassing one of the most extensive personal libraries in history, no field was off limits to Dr. Lee's thirst for knowledge which could only be slaked by pursuing a wide and wholistic perspective. His practical solution-oriented approach to humanity's problems gained him over seventy patents granted by the U.S. Patent office. There was probably no field in industry—from automotive to military, food and agriculture, and later the U.S. Space Program—that did not rely on some invention by Royal Lee. Whether it was the mechanism that synchronized the sound and picture in movie projectors, making “talkies” possible; motor governors that revolutionized the production of all types of precision motors from industry to home; the key compensation tracking motor of the famed Norden Bombsight, credited with giving America a decisive advantage in WWII; cardiographic recording devices, or home and commercial stone-grind electric flour mills to preserve the germ and bran of fresh grains, Lee Engineering badges could be found inside almost any device of advanced technology.

An interesting footnote to his long list of inventions was based on his experience serving in the First World War. He freely gave the War Department his invention of a vastly superior prototype field rifle that used hydrogen gas instead of gunpowder. It had significant advantages because hydrogen, the most abundant substance in the universe, was not subject to many problems associated with gunpowder, which Lee considered a primitive way to hurtle a small projectile with speed and accuracy. In army tests, it functioned perfectly. Although his invention would have made defending freedom much quieter, the Generals were not ready for such a drastic change in 1918. This should have alerted Royal Lee that superiority of a method is no assurance of its general acceptance.

The endocrine system had been his particular fascination since high school. He began compiling a biochemistry notebook at age twelve. Though most of the glands were hardly understood at the time, and most hormones not yet discovered (nor were any vitamins), he believed that this system was the Master Control Mechanism of the body and that nutritional complexes were the keys to the ductless glands of internal secretion. In 1916, at age 21, he began developing nutritional-complex formulas designed to promote endocrine function. He studied all he could about animal feeding research and the work of the early endocrinologists, particularly in the field called *organotherapy*. He named his first design *Catalyn*, though it would be some years before he invented the technology to manufacture it.

While at Marquette University Dental College in Milwaukee, he recoiled at the primitive state of dental equipment and applied his engineering skills to designing the best in the world. He deduced that sudden variations in the drill bit speed as it struck and drilled the tooth was, in large measure, responsible for the nerve pain it caused. This led him to invent the governor motor, which could keep the drill bit speed constant, even when drilling through teeth. He later sold his dental equipment patents and business to a large dental supply house in Chicago, who proceeded to “bury” his inventions. He should have remembered his 1918 experience with the army Brass and his Lee Rifle, when he shocked his professors at Marquette during his 1923 graduation speech to the faculty and student body. It was entitled, *The Systemic Causes of Dental Caries*. It was a bombshell hitting dental dogma. Based on documented and available evidence, Lee pointed to the inevitable conclusion that teeth rotted because of the internal state of the body, which was controlled by its nutritional status and consequent endocrine health. He carefully referenced his hypothesis. This radical thinking must have caused an auditorium-sized case of TMJ disorder as jaws dropped and eyebrows raised throughout the room. When later called upon by professors to further defend his thesis, Lee presented the very information that was “hidden” in dental textbooks provided by Marquette Dental College to prove his points. The professors were not aware of all that was in these textbooks. Before the first lecture in this volume was delivered (to dentists) Lee would have his final proof. His friend and dental colleague, Dr. Weston A. Price, embarked on an epic round-the-world expedition to photograph and extensively document the effects of the devitalized “foods of commerce” on the health, heredity, and mortality of indigenous people throughout the planet. Price’s landmark masterpiece published in 1938 was properly entitled, Nutrition and Physical Degeneration. That this treatise is not part of the corpus curricula in all schools of the healing arts reveals a foundational gap in theory.

By the height of the Great Depression, Lee’s engineering royalties earned him enormous wealth. Being a man of simple tastes, he poured resources from his Lee Engineering Company into his first love: human and animal nutrition. Medical researchers were spending public millions searching for the *causes of disease* while Dr. Lee spent his own money researching and discovering the *causes of health*. He founded the Lee Foundation for Nutritional Research, the Vitamin Products Company (1929), and Standard Process Laboratories. He received \$1 per year from each throughout his life. In the early 1930s, he purchased large farms in the fertile glacial moraines of Wisconsin, where he had grown up on a farm. On these organically maintained farms he built a laboratory, and custom designed unique equipment to concentrate and preserve the full nutrient complex from all manner of botanicals. Based on exhaustive research, which included having foreign science journals translated into English, he designed hundreds of nutritional formulas and invented the Cold Processing method to capture and protect the botanical-nutrient-complexes of the foods he grew. From his studies of physics, he applied the axiom of holism that “*the whole is greater than the sum of its parts.*” He eschewed the Cartesian model of breaking down the whole into fragmented parts. Common sense, the rarest of all senses, informed him that the whole was a functioning mechanism that had characteristics well beyond the chemical components. After all, why does H₂O not burn though its composition is only two highly combustible elements? The whole expresses characteristics antithetical to the parts. To make this point to his chemically-minded critics, he often posed this question: “*What part of a watch keeps time?*” No part does. Only the complete set of the synergistically combined parts will

yield the function that transcends any of the parts. He understood the nature of food to be a biological living whole, capable of absorbing the energy of the sun, something that only living plants can accomplish, and that no single part of the plant can. Humans and animals must obtain the sun's life-giving energy through the whole plant, and thus obtain vital new compounds through the transformation that occurs in the body under the influence of the endocrine system. Biology, he taught, differs greatly from chemistry when considering the whole. Lee spent an adult lifetime mocking the attempts of chemists to make a functioning mechanism or create living action out of synthetic chemicals, when only whole food could provide the life force. The vitamin principle is one of life force. Chemical drugs like chemical "vitamins" are the opposite side of that principle. Royal Lee said this best when he described the consequences of the non-application of this life principle during a lecture on January 12, 1951:

"One of the biggest tragedies of human civilization is the precedents of chemical therapy over nutrition. It's a substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons in trying to correct the reactions of starvation."

Reading Dr. Lee's manuscripts and especially perusing his massive library, it emerges that he had three great heroes whose lives inspired his own, and whose traits mightily shaped his character. They were Galileo Galilei, Benjamin Franklin, and Dr. Harvey W. Wiley. For those who do not know of Dr. Wiley, you soon will as you read the following lectures. Royal Lee had Galileo's sense of exploration and his willingness to follow the scientific truth wherever it led and to accept the truth even when it led to facts that stood in contradistinction to what the most esteemed contemporaries professed. The desire for acceptance and popularity among peers is perhaps the most dangerous fault to which a scientist can fall prey. Galileo suffered persecution, humiliation, and imprisonment at the hands of the Vatican and the Inquisition for defending his discoveries. In Lee's case the commercial interests, whose security was disrupted by his discoveries and the advancement of his theories, relentlessly pursued Lee. At their behest, government agencies were assigned to destroy him by any means; their specialty was character assassination at the hands of bought experts, and perpetual legal prosecutions. But he never gave in, not even close. Lee hated lies and he hated feigned expertise. His love of liberty and the true spirit of America were holy to him. Totalitarianism, in all forms, government, scientific, and commercial, were often the target of his writings. He loved the very idea of America, where truth could be told and human progress made real. That, no doubt, is why he loved Benjamin Franklin. He had Franklin's inventiveness and keen common sense, which helped him navigate the treacherous waters of a society built upon the commercial entrenchment of false scientific models. In Franklin's spirit, Lee felt that inherent rightness could overcome the inertia of entrapped ideas and entrenched models. But any who knew Lee will tell you that he also had the spit and vinegar and dogged single-eyed vision of Dr. Wiley who, after decades of struggle through the end of the 19th Century, brought America its first Pure Food and Drug Law in 1906. And Wiley was determined to enforce it by driving adulterated counterfeit foods and drugs out of this country. But when he went after the interstate commerce of white bleached flour, Coca-Cola, and sickening chemicals of all kinds that were added to foods (to help the manufacturer and grocer) he found that commercial interests tightly controlled the politicians. In 1912 he was fired. The American people loved Dr. Wiley, but that was not

enough for President Taft (who lost re-election that year). Wiley's 1930 self-published book (Macmillan "lost" the original and only manuscript), The History of a Crime Against the Food and Drug Law (see page 141), was a handbook for Dr. Lee to prove his case that the health and welfare of the American people had been, as he put it, "...sold down the river by government and medical authorities to the purveyors of cheap counterfeits." (Read *Recent Conclusions in Malnutrition* p.12, and the attachments, as an example). He loathed seeing a hundred million of his countrymen being used as a 20th Century colony of guinea pigs fed devitalized foods, and responding to the damage with drugs. In a 1957 preface to Dr. Harrower's 1932 classic, Practical Endocrinology, Lee wrote "...illnesses of a people who are trying out the mass experiment of starving their endocrine glands by the use of foods depleted of essential minerals and vitamins through processing, refining and the progressive depletion of soils." No doubt, Dr. Lee's personal heroes would think well of their protégé. The reader will readily observe in these lectures that Lee's courageous character reflects his mentors.

Royal Lee gave many hundreds of lectures to audiences throughout the U.S. Most often these were to groups of doctors from every branch of the healing arts. Before the fashionableness of the term "holistic," Dr. Lee reached across multidisciplinary lines, believing as such, that nutritional therapeutics must be at the foundation of any healing discipline. But as you will read in the following lectures, with his knowledge of sustainable agriculture and the irreplaceable value of topsoil, he lectured at farming conferences. He spoke to lay groups and church groups. Some of those lectures are herewith included. The Lee Foundation offered many hundreds of reprints, books and booklets, transcribed lectures, and articles. The reprints and articles were bound into three separate portfolios specifically relevant for 1) *the doctor* 2) *the homemaker* and 3) *the farmer and agriculturist*. This incredibly informative corpus of knowledge was sold at less than the cost of printing to anyone who contacted The Foundation. These portfolios enlightened tens of thousands around the nation. The average price of a booklet or reprint was one to five cents. This was the beginning and spearhead of the natural healing movement in the U.S. For over 30 years, doctors received the latest word in nutritional therapeutics contained monthly in *Vitamin News*. As the editor and chief writer, Lee gave the naturalist physician real tools with which to counter the symptoms of starvation.

The Lee Foundation for Nutritional Research no longer exists. Following Dr. Lee's death in 1967, (when, we are told by a prominent attorney, cheers went up in a certain government building in Washington) The Foundation survived under his wife Evelyn, eventually closing in the mid 1980s. It had accomplished much in awakening those who were alert enough to understand its message and inspired the work of a generation of doctors. Mrs. Lee, his dearest companion since the early 1920s, bravely took over and ran his enterprises until retiring in her early 90s. She passed away at age 105. The closing of The Foundation will no doubt be frustrating to the reader of these lectures because in them are hundreds of reference materials noted as being available. However, for research scholars, the stately Lee Memorial Library at Standard Process in Palmyra, Wisconsin, houses originals and copies.

Dr. Lee emoted a personal and humble charm and a dry wit that grows out of someone close to the land. As you will read in *The Bostonian* magazine article from 1943 entitled "The Amazing Royal Lee" (page 26), "*You probably wouldn't notice him walking down the*

street, nor pay any particular attention to his voice, if you heard it. His looks, like his voice are plain. That simplicity is infectious, however.”

It was often said by many doctors that Royal Lee was consistently forty years ahead of his time. About many things, yes. But the record shows that he was well over fifty years ahead of his time in many areas of human physiology, immunity, genetics, and biochemistry. Very early on, in the mid-1930s and more focused in the 1940s, he first described the phenomenon of autoimmune disease, for which a medical term did not even exist. He was convinced that one of the inevitable degenerative reactions to starvation was an immune response that caused antibodies to form against the host’s own tissues. His correspondence shows that by 1946 he was writing letters to physicians to warn them that *natural tissue antibodies* (autoantibodies) formed against the joints of patients with rheumatoid arthritis as well as to other organs in different diseases. At that time, RA was considered to be a bacterial disease. In the 1970s it was known to be caused by a virus. In the 1980s it was known to be caused by genetics. Finally, in the last few years it has been recognized to be and officially classified as an autoimmune disease. To arrest this process, Lee developed the protomorphogen. He had clues from an earlier generation of endocrinologists who practiced *organotherapy*, particularly Henry Harrower, MD. He advanced their work by developing a patented method for extracting the *cell’s protein nucleus* from animal organs. These were not mere organ desiccates. The DNA/RNA complexes were naturally found in this nucleoprotein extract. Although DNA had not yet been discovered, though the nucleus’ control over growth and repair was known, Lee instinctively named this nucleoprotein-concentrate a *protomorphogen*, or *cytotoxic extract* (*proto* meaning primary and *morphogen* meaning structure or form). In 1947 he published his book, Protomorphology: The Principles of Cell Autoregulation. Lee’s protomorphogens were only part of his strategy to correct the autoimmune process. Nutritional therapeutics were to be provided simultaneously. Lee taught that all degenerative disease, at some point in the downward spiral, developed an autoimmune process. The latest biochemical research (over fifty years later) is discovering that he was absolutely 100% correct. In 1947, JAMA reviewed and roundly criticized this book.

Here again, he followed his research, he believed what his research revealed, and developed a strategy to correct the problems that the research uncovered. He did not await government money, or bureaucratic institutes, or for a “consensus of medical opinion” to form. He researched, discovered, and solved. In his 1972 book, A New Breed of Doctor, orthodox-turned-naturalist medical physician Alan Nittler described Lee as “...the best informed person on nutrition in America and perhaps even the world.” And today, the constant media headlines of current breakthroughs in nutritional science with regards to our most common and dreaded diseases and birth defects seem like ancient TV reruns to people who had learned the exact same facts and much more forty or fifty years earlier from the Lee Foundation. Silently, we reply to the news, “*You are just figuring this out?*”

Today, I occasionally meet doctors who personally knew Royal Lee. They are old, and they light up—and well up—at his mention. They all have a personal story to tell about meeting him, about the personal attention that he always patiently offered. They speak glowingly of his letters, literature, lectures, and personal visits. They say he changed their lives with his formulas and Foundation materials. They seem so happy to speak with someone about, what we all refer to as, *The Lee Philosophy*. He rarely stayed at a hotel when he traveled. Dr. and Mrs. Lee were often honored guests in the homes that hosted their visit. His correspondence files are enormous. He stayed close with doctors

and researchers from around the world, constantly reporting research, feedback, and ideas. A book of his correspondence would make fascinating reading. Perhaps a correspondence to Dr. Lee from a Dr. Samuel Beale, at almost 87 years old, poignantly makes this point. I believe it is illustrative of how physicians who knew Dr. Lee felt about him. In this missive, Dr. Beale is writing to congratulate Dr. Lee upon his being awarded the highest recognition from the most influential health-freedom group at that time in America, The National Health Federation. He received their Humanitarian Award. This letter touches deeply because, in his long life and medical practice of over six decades, Dr. Beale reaches out to acknowledge that his association with Dr. Lee has been the most important and rewarding of his life. Excerpts from two periodicals about this Humanitarian Award follow Dr. Beale's letter.

S. M. BEALE, JR., M. D.
SANDWICH, MASSACHUSETTS
September 7th, 1962,

Sept 10 1962

Dr, Royak Lee,
Milwaukee, Wis.

Dear Doctor Lee:

The honor bestowed on you by
The National Health Federation was first noted
in The Herald of health and this morning in the
papers received from the National Health Foundation.

Please accept my heartiest congratulations
My contacts with you and yours have been the
most important and rewarding of my life.

I am now 86 $\frac{1}{2}$ and have been in practice for
over 60 years. I am seeing 15 to 20 patients
daily and enjoy near perfect health. The latter
is due to my taking a number of the preparations
made by your company. And my reputation as a
physician has been built during the past number
of years by patients receiving your health products.

The memory of my personal visit with you
is a sacred memory.

May you live long and enjoy health and the
friendship of the multitude of your friends.

Most sincerely

Sam'l. Jr. Beale, Jr.

**HUMANITARIAN AWARD TO
DR. ROYAL LEE**

One of the greatest humanitarians of our age, if not of all time, is Dr. Royal Lee, of Milwaukee, Wisconsin. He will be awarded the highest honor of the National Health Federation—the HUMANITARIAN AWARD—at the Sixth Annual Midwest Convention in Columbus, Ohio, July 1, 2, 3, and 4th. All friends of Dr. Lee will want to make a special effort to honor him on this occasion.

Humanitarian, researcher, scientist, scholar, nutritionist, crusader, inventor, statesman, businessman, philanthropist, and a fighter for freedom, few men have achieved in a single field the success Dr. Lee has had in a dozen. Loved and respected by thousands of seekers for the truth, he is destined to be written in the history books of our Age as one of the few great crusaders whose life was so well balanced that he was able to live to see the first fruits of victory.

Few men excel Dr. Lee as a scientist, inventor, or business man, but far fewer have done more as a HUMANITARIAN with these gifts. Some day a statue will be erected to his memory. The National Health Federation doesn't like to wait till a great man dies to honor him.

Thousands of individuals have had their visions of greater health kindled through the Reprints of the Lee Foundation for Nutritional Research. One cannot share what is commonly known as the American Way of Life without benefiting from discoveries and developments of the Lee Engineering Company, on which Dr. Lee, as the inventor, owns the patents. But most endearing of his attributes is his willingness to set aside time to patiently lecture, advise and counsel at our Conventions.

Yes, Dr. Lee is a HUMANITARIAN, and the National Health Federation has chosen Ohio, where Dr. Lee has so many friends, to award him their highest award, "The HUMANITARIAN AWARD". It will be presented to Dr. Lee on July 3rd as the highlight of the all-organic banquet, where Dr. Lee will speak.

His subject will be, "WE ARE FIGHTING FOR OUR LIVES."



—From *The National Health Federation Bulletin*, June, 1962.

**Standing Ovation Accorded Dr. Royal Lee
On Occasion of Receiving Humanitarian Award**



**DR. ROYAL LEE (left) RECEIVING
NATIONAL HEALTH FEDERATION'S
HUMANITARIAN AWARD**

HERALD OF HEALTH

"For nearly 40 years Dr. Lee has carried high the torch of truth in the tradition of Dr. Harvey Wiley. America owes this man a debt of gratitude for the wisdom, the insight, the character he has displayed to pass on to us the torch of freedom and truth which we dare not drop."

With this fitting eulogy, the Rev. Dr. Andrew G. Rosenberger, Boston, (right) presented the highest award of the NATIONAL HEALTH FEDERATION, the HUMANITARIAN AWARD to Dr. Royal Lee, famed Milwaukee genius and scientist, whose talents and much of his fortune have gone into the dissemination of priceless nutritional knowledge. The ceremony took place at the Neil House, Columbus, Ohio, July 3, 1962.

A standing ovation was accorded Dr. Lee as he rose to accept the AWARD. A few modest words of appreciation were characteristic of this great pioneer, whose zeal for natural nutritional healing methods have helped thousands to better lives, and who has channelled so much of his genius into humanitarian endeavors. The subject of his address following the award was "WE ARE FIGHTING FOR OUR LIVES."

Renowned Canadian naturalist and author John Tobe, upon Royal Lee's death in 1967, wrote and published this eulogy in the Herald of Health:

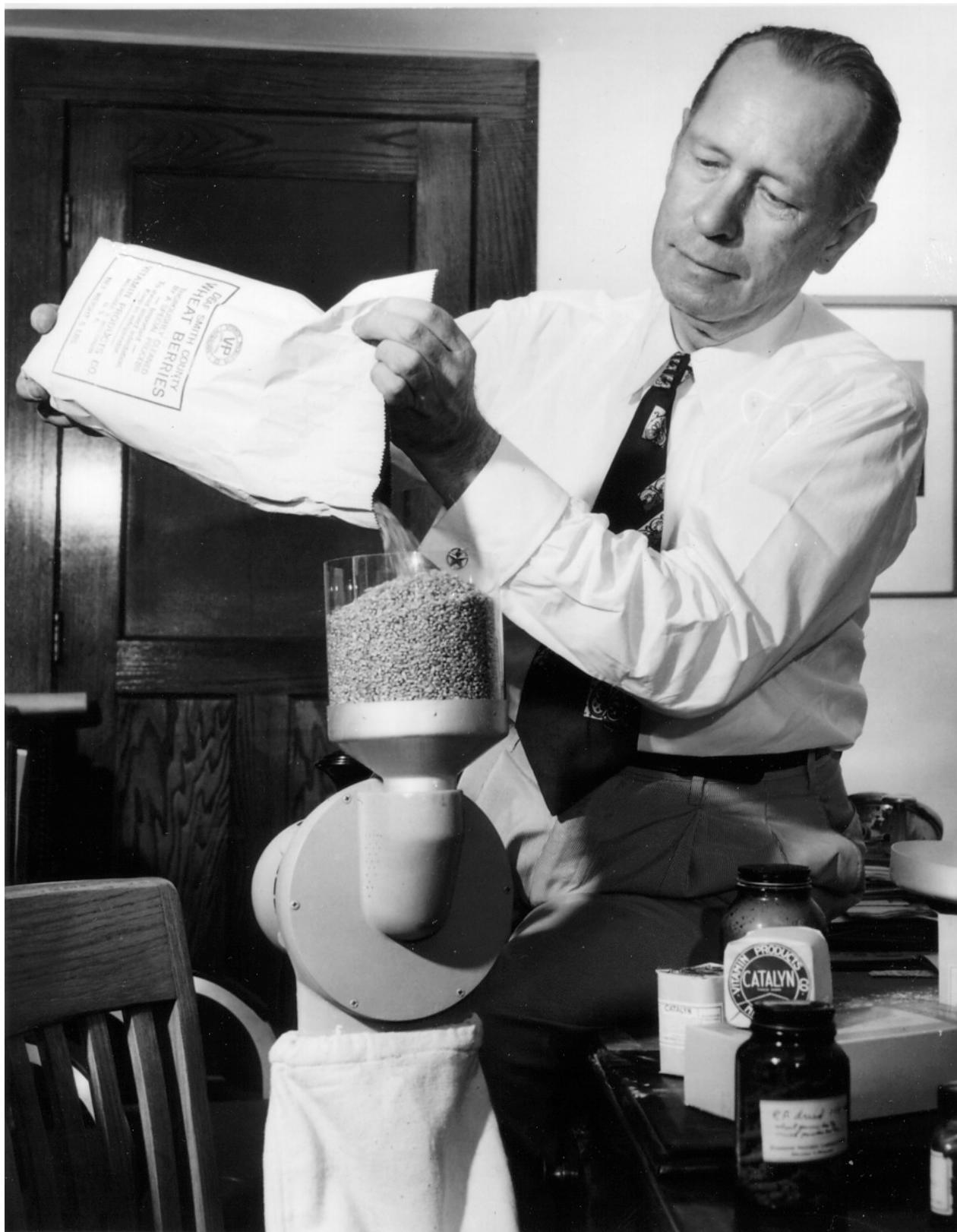
Mankind has lost one of its truly great sons, with the passing of Dr. Royal Lee from this earth.

I boldly state that Dr. Royal Lee did more for the health of the American people than any man living or dead... I consider him one of the greatest men that America has ever produced. I say that with the full realization of what I am saying.

He was far above any politician, far above any preacher, and he was truly America's greatest patriot, a true scientist and he was persecuted practically to death for his efforts. I know of no man, about whom I have read or heard, in my lifetime who could be said to be the peer of Dr. Royal Lee.

America, aye, the world, has cause to mourn the passing of one of its truly great citizens. May his soul rest in peace, even though he was persecuted on earth!

John Tobe



**Dr. Royal Lee with home version of the Lee Mill, Deaf Smith County Wheat,
and some of his Nutritional Formulas (c. 1949)**